

Carne “Beef” con Chile

Submitted by Herlinda Figueroa

Ingredients

Beef Bottom Round Rump Roast 3-4lbs
2 Medium Tomatoes
1 small onion
5 Anaheim Chile Pepper
1 Bunch Cilantro
2 tsp Mrs. Dash
2 tsp Garlic
1 tsp Cumin
2 tsp Olive Oil
1/2 cup of Water
Goya Sazon con culantro y achiote (orange box), 1 packet
2 dashes of salt

Directions:

Roast the Anaheim peppers on a skillet, till slightly burned. Keep turning them, till evenly cooked. When they are done, put the peppers in a ziploc baggie and close. ~~ Place aside.~~
Put two cups of water in a 3.5 qt pot.

Cut the Rump Roast into small cube sized pieces and place in the pot, boil till water is gone.
Add the olive oil, let it cook till lightly brown.

Add 2 tsp of garlic, & 2 tsp of ms. dash, tsp of cumin and 1 dash of salt.
(while the meat is cooking)

Take the anaheim peppers out of the ziploc bag and peel them. Cut the peppers, the tomatoes, onion and the the cilantro--not the stems, and place them in chopper, add 1 tsp of garlic, 2 tsp of ms. dash, one dash of salt and the packet of Sazon, add 1/2 cup of water, and continue to chop.

Add these ingredients to your cooked meat and allow to simmer for about 10 minutes.

Amount Per Serving	
Calories	317
Total Fat	15.3 g
Cholesterol	112.5 mg
Sodium	160.3 mg
Total Carbohydrate	3.3 g
Dietary Fiber	0.8 g
Protein	38.1 g